

The use of NLP/Hypnotherapy specific to motor skill enhancement/performance is nothing new, both high level amateur and professional athletes have been utilizing these techniques for decades. Is it the "secret" needed to give you the edge, **NO**, but when used in conjunction with realistic and functional physical practice, it has been my experience, as well as others, that students do become "unconsciously competent" in the actual open mode application of a new motor skill far faster than just physical practice alone.

One caveat, to some, NLP/Hypnotherapy is seen to be nothing more than B.S. psychological fantasy especially to many in the combatives/RBSD field. Again, to each their own, **BUT** the results that I have seen prove that when used by a certified practitioner who specializes in motor skill performance application, combative performance can be enhanced.

Much of the literature surrounding NLP/Hypnotherapy is therapy based, so you will need to seek out those who have taken the "principles" of NLP/Hypnotherapy and have learned to apply them to increase combative motor skill performance. Two others who teach in this field are Dennis Martin and Marcus Wynne, seek out their material as well but get some actual hands on certification first.

This may not mean anything to you, but after reading your post you do appear to have a basic understanding of NLP/Hypnotherapy so here is one of the ways that I use it here at the school:

Demonstrate the whole technique in slow time.

Break it down into the parts (chunks) and explain.

Demonstrate the whole technique again and have the students physically practice the technique (slow, medium, fast) until consciously competent

Induce hypnosis.

Deepen

Set context and then conduct guided combatives based action imagery applications in a variety of scenarios utilizing all sensory modalities

Awaken

Physically practice technique once again having the students utilize imagination and emotion (anchor) in this concluding phase.

Darren